

EVENTS OF INTEREST
IN SOCIAL CIRCLES

WOMAN AND THE HOME

DOMESTIC HELPS AND
AIDS TO HOUSEWIVES

CORNER FOR COULDS

RAGOUT DE MOUTON.

(For Four People.)

One and one-half pounds of shoulder of mutton cut up into pieces, two pounds of new potatoes, six small onions, two ounces of butter. Melt the butter in a earthenware pan, then brown the meat in it. When browned, take it out and put upon a plate while you brown the onions and turnips. When these are browned, put in the two pounds of new potatoes, add sufficient boiling water to cover them, put in the mutton, and add seasoning of salt and pepper to taste when all the ingredients are together in the pan. If liked, add a small sprig of parsley, cover well and let simmer over a slow fire for one hour and a half. Serve in a shallow dish with vegetables arranged round the meat.

DINNER PARTY SALAD.

Soak three pairs of sweetbreads one hour in cold water to cover, drain and boil gently in a little water for 15 or 20 minutes. Cool and cut in dice, add one pint of sliced cucumbers, one can of minced pineapples and one can of minced pimientos. Use endives instead of lettuce if possible and a salad dressing made of mayonnaise, to which has been added heavy cream beaten stiff, a cup to a quart of dressing, and one-half teaspoon of salt.

BEEF SOUP.

Get a shin of beef and have the bones cracked. Put over the fire in a large kettle with a gallon of water (cold), and simmer six hours; skim well. Then add two turnips, chopped fine, two carrots, one onion, two Irish potatoes, all chopped, a pint of tomatoes, a tablespoonful of salt, and in season a half dozen ears of corn, the corn cut from the cob, the cobs to be added when ready to thicken, then remove. Just before dinner thicken with a little browned flour mixed with cold water; boil a few moments, add seasoning if necessary, and serve.

POTATO SOUP.

Wash, peel and cut four medium sized potatoes into small pieces. Put into a stew pan with cold water to cover, add a teaspoonful salt and cook until the potatoes are done. Take from the fire, drain off the water and turn over the potatoes in a pint of milk seasoned with a teaspoonful chopped onion, celery or celery seed that has been scalded in a double boiler. Mix well, season to taste, thicken with a tablespoonful of flour melted with a tablespoonful of butter, add a tablespoonful of minced chives or parsley and serve with croutons or crackers.

THE MESSAGE OF EASTER.

The majority of the American people take the Easter celebration somewhat lightly. They listen attentively to the words of the preacher, and are more or less moved according to temperament. But with all the style, pomp and circumstance, the more frivolous side is somewhat prominent.

Over in Europe, Easter is something very different this year. In the great fighting countries, the majority of families have suffered the loss of some one from their own hearthstone. Others on the firing line are likely to be called to pass on at any moment. Under that atmosphere Easter has few festive aspects.

Over there millions through the churches hoping for some message of hope to fill their dark lives. The message of confidence which the Fathers have passed on to us is heard with hungry ears and will be cherished for many a day. More and more the tendency of thoughtful men is to accept the Easter message of resurrection and fulfillment which the Bible brings. There was a time when the educated and scientific world stood at the idea of any confidence in a future life. The educated world pays more respect today to the value of the gospel story, and it is the ignorant and unthinking, the money getters and materialists, who are the doubters.

All philosophy goes to confirm the truth of Easter's message. If there be not some future life to adjust wrongs of this one, the world is indeed a mockery and justice is not in it. It is impossible to conceive of a maker of the universe who should not bring to full fruition a life that manifests a desire for truth and righteousness.

PETRARCH'S LAURA.

It was 569 years ago yesterday on April 5, 1348, that the lovely Laura, the heroine of Petrarch's amatory poetry, died in Avignon. Laura de Noves was a real flesh and blood woman, although idealized by the bard into an angelic creature fit only to live among the stars. She was not yet 20, and Petrarch was 22, when they first met. Laura was a married woman, but that did not prevent the poet from bestowing upon her a devotion that continued to her death, more than 20 years afterwards. She was the theme of the series of sonnets which have made the name of Petrarch immortal. Although her fame was thus spread all over Italy, it did not add to her happiness, for her husband, naturally of a jealous disposition, was enraged by the celebrity to his spouse by the poet. He had no cause of complaint in her actions, for she remained faithful to her marriage vows, and bore him 10 children. The constant persecution and brutality of her jealous husband ended only with her death, which was due to the plague. The widower married again within seven months. "The most chaste and beautiful lady," wrote Petrarch, "was buried on the same day of her death. Her soul returned, I feel most assured, to heaven, whence it came."

The meeting of the special committee on national defense of the American Railway Association, which was to have been held at Chicago yesterday, was postponed until next Monday.

JOHN RECK & SON
FUNERAL DESIGNS AND
BOUQUETSTrig Suits For Easter
Are "The Whole Thing"

WELL SET UP.

Black and tan checkboard plaid velours develops this good looking suit cut finger tip length coat and skirt. Novelty black buttons, a sash belt and black velvet collar add chic.

HOME HEALTH CLUB

(Edited by Dr. David H. Reeder, Chicago.)

CATARHAL DEAFNESS: During the past year, I have been attending to the treatment of human ailments. Among those that are quite popular I might again mention "Auto Hemic Therapy" by which the patient's own blood is taken and a serum made therefrom and through which some very wonderful results have been obtained. Relief from Epilepsy, skin diseases, weakness, lack of energy and ambition, neuritis and many other troubles are known to have yielded to "Auto Hemic Therapy." Then there is "Spondylotherapy," a system that I have used for many years in spinal troubles but only recently recognized by the profession at large.

The "Vagal Reflex" system of diagnosis is really a wonderful discovery and enables its users to determine the first symptoms of deeply seated cancer, tuberculosis, syphilis and malaria, and by this early diagnosis a cure is possible in most all cases. There are other new and splendid methods of diagnosis and treatment but I know a vast number of you will want to know about the most successful and safe method of treatment for catarrhal deafness. The successful treatment of this distressing trouble has been worked out by the osteopaths largely through the research work done by D. J. Deason, when director of the laboratories of the A. T. Still Research Institute. By a system which he calls "Finger Surgery," Dr. Deason has been able to secure favorable results in 95 per cent of the cases that were advised to take treatment. In two years 2426 cases were examined about 76 per cent of which were advised to take treatment. Results show that 74 per cent of all partial deafness is catarrhal. Out of the 1122 cases of head noises complete relief was obtained in 37 per cent of accepted cases and partial relief in 52 per cent, while it appears certain that some benefit will be obtained in 79 per cent of all cases.

While the method of treatment appears simple yet it requires a certain and positive knowledge of the anatomy of the eye, ear, nose and throat and a degree of skill in applying the treatment that can only be acquired by careful study and close application of the knowledge gained. I have thoroughly investigated the system of treatment and found it sane and safe. The patient suffers but little inconvenience or pain and the relief is so quick and pleasant that he gladly goes back for repeated treatment. A portion of the routine of treatment includes a new method of thorough irrigation by which the mouth, throat and entire nasal cavity are thoroughly cleansed with from 2 to 6 quarts of a hot saline solution. This is followed by the removal, usually by the finger, of adhesions, adenoids, foreign growths, etc., and the digital dilatation of the orifice of the eustachian tube in certain cases of catarrhal deafness.

It doesn't seem possible that all this could be accomplished by simple manipulation with the fingers and without the use of surgical instruments but I have seen it done and even children are ready for repeated treatments. In the course of time the only medicine used will be in the form of a truly scientific diet and the only surgery used will be to repair the damage done by accidents. We have not yet reached that stage of development, however, and are still dependent to some extent on medicine and surgery to keep us alive and happy.

I will gladly answer all inquiries for information on health subjects from readers of this publication if same are addressed to Home Health Club, 5039 Cottage Grove Ave., Chicago, Ill. Send full name and address with 4 cents postage.

Dear Doctor: Will you please an-

LAURA JEAN LIBBY'S DAILY TALKS ON
HEART TOPICS

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OPENING FOLLY'S DOOR.

"Believe me, each sinful action, As surely as night brings shade, Is sometime, somewhere, punished. 'Tis the hour he long delayed."

One of the hardest tasks to accomplish is bringing up a son in the way he should go. With half a chance, the average young man would make good in his effort to keep in the straight and narrow path. He means to do right and would have a happy enough life if it is his path were not crossed by the one object which the strongest of men have fought against and lost—a woman as frail as she is fair. How far many a man is tempted without falling. Those who bitterly censure youths should remember that no matter how carefully they have been reared it is the women in the outside world with whom they are brought in contact that make or mar their future.

I grieve to admit facts, but they must be looked squarely in the face. One of the most common facts is that there are women who deliberately set traps to lure youths to their undoing. In the mad impulse of the moment they fall into the traps and are held as helpless prisoners ever afterward by the vampires who make man's weakness the key to opening the door of folly. The law which should shield youth in case of intrigue puts a bolt on folly's door, shutting the victim in. There is no window by which he can climb out. The vampire laughs at the law which aided her to secure support the rest of her life.

There are two sides of this question to consider. The world's great heart is stirred with pity for the innocent, unsuspecting young girl that trusts too far to her undoing. Justice should be shown her and the guilty be made to suffer, making the amendment. Again there is another angle to be considered. The woman of twenty-five or more, fully aware of right and wrong, who allows herself to be led astray has not the same amount of public sympathy. Extreme youth is sought after by men, and it is to bring knowledge to women. She who has reached this stage of understanding and deliberately enters the path which good women shun cannot expect pity.

After the first experience of folly, if a woman turns over a new leaf, parting at once from the one who caused this misstep, seeing him no more, the law should shield her. The woman who knowingly keeps up her relations, bringing others into the world to suffer, should not be so lenient. Great sorrow is felt for her unfortunate children. The law should shield and uplift them, letting its authority rest at that.

Sons are in as much danger as daughters. They need just as much watch and care. Instead of discouraging him from marrying young if he finds a nice girl, he should be earnestly advised to do so.

Answer the following questions for my own as well as others' benefit in the Home Health Club department? Is there danger of one taking tuberculosis of the lungs or throat or intestines used by a tuberculous patient? If so, how long a time after the patient's death? How long will the germs live under favorable conditions?

(Answer) Full and complete answers to these questions are to be found in Vol. 2 of the club books under the heading of Consumption, Tuberculosis, etc., but for the benefit of those who have not yet secured the book I will say that while it is possible for one to become infected with the germs of tuberculosis from unwashed and damp bedding previously used by such a patient, if such bedding is properly washed and hung in the sunshine and air, then properly ironed before using, there is no danger whatever. Darkness and dampness will protect and keep alive the cultures of tuberculosis germs for many months but these germs are the result and not the cause of the disease; therefore, unless they find a suitable soil in a human being or animal they cannot reproduce the disease. Air and sunshine kill the germs and the disease very quickly. There is also a method largely used by physicians and others whereby the homes may be fortified against disease by thoroughly sterilizing from ceiling to carpet, in every nook and corner where germ life may conceal itself—rendering every portion of the premises free, for the time being, at least, of destructive parasites, by the mixing of two chemicals and then closing the rooms for 30 minutes. This should be done at least once a week, or more often, and it is especially important in the case of children, as they are so susceptible to disease. It is inexpensive and easily operated, unlike the use of burned sulphur, as it does not destroy or require the removal of anything in the room, does not tarnish metal or gilt of any kind, nor does it fade or affect the most delicate colors in cloth. It means the most perfect sanitation and a means of keeping of health, is easily procured and not expensive.

Dear Doctor: I am a reader of your lectures and enjoy your talks very much, especially those on catarrh and bronchitis from which I am a sufferer. I do not expect to get cured for I am 72 years old but shall try some of your advice. I have spent at least \$1,000 to no avail. In a lecture of some time ago you stated that in some cases of catarrh nothing would help except change of climate. Will you please name the place, state or country which would be liable to be the best for one suffering with these troubles?

(Answer) In regard to change of climate for catarrh and bronchitis trouble, would say that New Mexico, Arizona and Colorado are beneficial as well as Piedmont Valley, Virginia. I believe the last named place which is in the lithia water district, would be

ly applauded for taking this course. There is nothing like having a wife and growing family to keep a man out of mischief, be he young, middle-aged or even old.

ANSWERS TO CORRESPONDENTS.

(Correct name and address must be given to insure attention, not to print. Use ink. Write short letters, only on one side of paper. Address Miss Libby, 116 President Street, Brooklyn, N. Y.)

HELLO, GIRLS.

Emma and Agnes write: "We are two young girls, 19 and 20, who work in a telephone office. Every night as we are going home we are sure to meet a crowd of young men from a nearby factory who cry out to us, 'Hello, girls!' as long as we are within hearing distance. It is becoming unbearable. Should we give up our good positions on account of it?"

Stop on the next occasion and in a dignified manner ask the young men to desist, reminding them that you are trying to earn your living by your work, therefore it should not be made a source of sorrow to you. Should this fail, apply to your office manager who will see that a stop is put to your annoyance in short order.

DID NOT KEEP

HER ENGAGEMENT

R. C. writes: "I am a young man of twenty-four and know little of the tactics of young women, and ask you to set me right as to the following case: I met a charming young girl on the ice recently and was introduced by a mutual friend, skated with her during most of the afternoon. I made arrangements with her to come down the following evening, as there was to be fancy skating, bringing some girl along with her, telling her I would see her home and if I did not have some one for her I explained fully that my duties kept me at the place where I was employed until eight o'clock—often a little later—and that if I had to go to her home to fetch her it would be nine o'clock before we could reach the rink. Well, she did not show up and what's more I haven't heard from her since. Can you tell me what's amiss?"

The parents or guardians of the young lady may have taken her severely to task for agreeing to meet a young man of whom she knew absolutely nothing, unchaperoned. Few young girls are allowed free rein by their home folk. They have pointed out her mistake to her. She evidently considers silence best. Always ask a girl's parents if you would escort her to or from any place. A girl may say one thing; her advisers quite another.

An ideal place to live owing to the pure water, climate, etc. However, any of the above mentioned states have portions at least that are admirably adapted for catarrhal conditions.

LITTLE BENNY'S
NOTE BOOK

(By Lee Pape)

Kumpiny B was having a perrade around the block. Skinny Martin wawking in front on account of being the general, and Percy Weaver wawking in back on account of being the only private, with just as we was passing Smits butcher store, the new fat boy in the next block came out with some rapped up meet, and Genrel Martin sed Halt, yonder looks like a Germin spy.

Off with his head at sunrise, sed Kernal Simkins.

Down with Germin spies, sed Loo-tenant Wernick.

All the way down with them, sed Kaptin Being me.

If he got sawsides in that packidge hes gilty, sed Sargent Hunt.

Forward run around yonder hill and cut off his retreat and scotch him, sed Genrel Martin.

Which me and Puds did, grabbing the rapped up meet away from him and starting to unrapp it.

If its sawsides yonder a ded Germin spy, sed Genrel Martin.

And me and Puds Simkins kepp on unrapping the meet and wat was it but liver, me saying, Genrel, I regret to report its only liver.

Amen, Genrel, sed Puds.

March on, sed Genrel Martin.

Which Kumpiny B did, and the fat boy went in the house with the liver.

DORUS—PROVOST

Invitations have been received in this city for the wedding of Miss Natalie Louise Provost, daughter of Henry Sellock Provost, of Stamford, to Harold James Dorus, son of James H. Dorus of 39 Franklin street. The ceremony will be performed at 10 o'clock Tuesday morning, April 24, in St. John's church, Stamford.

Senator Culberson, of Texas, chairman of the judiciary committee, introduced the administration's general spy bill.

FUNERAL DESIGNS AND
BOUQUETS
JOHN RECK & SON.The Magnificent
AdventureA ROMANCE
of the
LEWIS and CLARK
EXPEDITION

by Emerson Hough



Meriwether Lewis

Theodosia Burr

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(Continued.)

"It grows late. You know that today the British minister, Mr. Merry, comes to meet the president for the first time formally—at dinner. Senor Yrujo also, and the ladies, of course. Mr. Burr and Mr. Merry seem already acquainted. I met them riding this morning."

"Hand and glove, then, so soon? What do you make of it? I have a guess that those three—Burr, Merry, Yrujo—mean this administration no special good, and yet it was I myself who kept our Spanish friend from getting his passports back to Madrid. I did that because of my marriage to the daughter of my friend, Governor McKean of Pennsylvania. But what were you saying now?"

"I thought perhaps I should go to my rooms to change for dinner. You see that I am still in riding clothes."

"And what of that, my son? I am in something worse."

The young man stood and looked at his chief for a moment. He realized the scarce dignified figure that the president presented in his long coat, his soiled waistcoat, his stained trousers and his worn stockings, not to mention the unspeakable slippers, down at the heel, into which he had thrust his feet that morning when he came into the office.

"You think I will not do?" Mr. Jefferson smiled at him frankly. "I am not so free from wisdom, perhaps, after all. Let this British minister see us as we are, for men and women and not dummies for finery. Moreover, I remember well enough how we cooled our heels there in London, Mr. Madison and myself. They showed us little courtesy enough. Well, they shall have no complaint here. We will treat them as well as we do the others, as well as the electors who sent us here!"

Meriwether Lewis allowed himself a smile.

"Go," added his chief. "Garb yourself as I would have you—in your best. But there will be no precedence at table this evening—remember that! Let them take seats pell-mell, the devil take the hindmost. A fair field for every one and favor to none! Seat them as nearly as possible as they should not be seated and leave the rest to me. All these—indeed, all history and all the records—shall take me precisely as I am."

An hour later Meriwether Lewis stood before his narrow mirror, well and handsomely clad, as was seeming with one of his family and his place—a tall and superb figure of young manhood, as proper a man as ever stood in buckled shoes in any country of the world.

The guests came presently, folk of many sorts. With Mr. Jefferson as president the democracy of America had invaded Washington, taking more and more liberties, and it had many representatives on hand. With these came persons of rank of this and other lands, dignitaries, diplomats, officials, ministers of foreign powers. Carriages with outriders came trundling over the partially paved roads of the crude capital city. Footmen opened doors to gentlemen and ladies in full dress, wearing insignia of honor, displaying gems, orders, decorations, jewels, all the brilliant costumes of the European courts.

They came up the path to the door of the mansion, where, to their amazement, they were met only by Mr. Jefferson's bowing old dandy Ben, who ushered them in, helped them with their wraps and asked them to make themselves at home. And only old Henry, Mr. Jefferson's butler, bowed them in as they passed from the entry hall into the anteroom which lay between that and the large dining saloon.

The numbers increased rapidly. What at first was a general anthering became a crowd, then a mob. There was no assigned place for any, no presentation of one stranger to another. Friends could not find friends. Mutterings arose. Crowding and jostling were not absent. Here and there an angry word might have been heard. The policy of pell-mell was not working itself out in any happy social fashion.

Matters were at their worst when suddenly from his own apartment appeared the tall and well composed figure of Mr. Jefferson's young secretary, social captain of matters at the executive mansion and personal aid to the president. He quickly glanced caught sight of the gathering line of carriages. A second glance estimated the plight of those now jammed into the anteroom like so many cattle and evidently in distress.

Matters stood thus when, at a time when scarce another soul could have been crowded into the anteroom, old Henry flung open the folding doors which he had closed.

"Mistah Thomas Jefferson!" was his sole announcement.

There appeared in the doorway the tall, slightly stooped figure of the president of the United States, one of the

greatest men of his own or of any day. He stood, gravely unconscious of himself, tranquilly looking out upon his gathered guests. He was still clad in the garb which he had worn throughout the day—the same in which he had climbed to the pigeon loft, the same in which he had labored during all these long hours.

His coat was still brown and wrinkled, hanging loosely on his long frame. His trousers were the stained velvet of the morning, his waistcoat the same faded red, his hose the slack woolen pair that he had worn throughout the day, and upon his feet—horror of horrors!—he wore still his slippers, the same old carpet slippers, him case as he sat at his desk.

As Thomas Jefferson stood he overtopped the men about him head and shoulders in physical stature, as he did in every other measure of a man.

An instant later the curtained folding doors which separated the anteroom from the dining saloon were thrown open. Mr. Jefferson passed in and took his place at the head of the table, casting not a single look toward any who were to join him there. There was no announcement; there was no pas, no precedence, no reserved place for any man, no announcement for any lady or gentleman, no servant to escort any to a place at table!

It had been worse, far worse, this extraordinary scene, had it not been for the swiftness and tact of the young man to whom so much was intrusted. Meriwether Lewis hastened here and there, wedding out those who could not convince him that they were invited to dine. He separated as best he might the socially elect from those not yet socially arrived until at length he stood almost the sole barrier against those who still crowded forward.

"Tell me," demanded Minister Merry, who, seeing that no other escort offered for her, had given his angry lady his own arm, "tell me, sir, where is the president? To whom shall I present the compliments of his British majesty?"

"Yonder is the president of the United States, sir," said Meriwether Lewis. "He with whom you shook hands is the president. He stands at the head of his table, and you are welcome, if you like. He asks you to enter."

Merry turned to his wife and from her to the wife of the Spanish minister.

"Impossible!" said he. "I do not understand—it cannot be! That man—that extraordinary man in breeches and slippers yonder—it cannot be he asks us to sit at table with him! He cannot be the president of the United States!"

"None the less he is, Mr. Merry," the secretary assured him.

"Good heavens!" said the minister from Great Britain as he passed on, half dazed.

By this time there remained but few seats, none at all toward the head of the table or about its middle portion. Toward the end of the room, farthest from the official host, a few chairs still stood vacant, because they had not been sought for. Thither, with faltering footsteps, even these opportunities should pass, stepped the minister from Great Britain and the minister from Spain, their ladies with them, none offering escort.

Well disposed to smile at his chief's audacious overturning of all social usage, yet not unmindful of the seriousness of all this, Meriwether Lewis handed the distinguished guests to their seats as best he might and then left them as best he might.

(To be continued.)

Alberto Pani, president of the National Railways of Mexico, was made Minister of Commerce in the Mexican cabinet.

TODAY'S POEM

THE WILL TO PERFECTION.

(John Masfield, in Yale Review.)
O wretched man, that for a little mile,
Crawls beneath heaven for his brother's blood,
Whose days the planets number with their style,
To whom all earth is slave, all living, food;

O withering man, within whose folded shell
Lies yet the seed, the spirit's quickening corn,
That Time and Sun will change out of the cell
Into green meadows, in the world unborn;
If Beauty be a dream, do but resolve
And ere she fall come, that in the stubborn clay
Works to make perfect till the rocks dissolve,
The barriers burst and beauty takes her way.

Beauty herself, within whose blossoming Spring
Even a wretched man shall clap his hands and sing.

SPECIAL CROPS FOR
THE HOME GARDEN

Washington, April 4.—The home gardener will usually find it advantageous to grow small quantities of certain specialties which will add to the attractiveness of the family fare, and which few housewives will trouble to buy. Among these may be mentioned okra or gumbo.

The young pods of this plant are the young pods. These are employed principally in soups to which they impart a pleasant flavor and a sticky consistency. The best pods are grown on young plants, but if the pods are removed before they are allowed to ripen, the plants will continue to produce them until killed by frost.

The seeds of okra should be sown in the open after the ground has become quite warm, or the plants may be started in berry boxes in the hotbed and transplanted in the garden after all danger of frost has passed. The rows should be four feet apart for the dwarf sorts, and five feet apart for the tall kinds, with the plants two feet apart in the row. Detailed information on this plant is contained in Farmers' Bulletin 232, "Okra: Its Culture and Uses."

Mustard greens may be produced on almost any good soil. The basal leaves are used for greens and are cooked like spinach. The plants require but a short time to reach the proper stage for use and frequent sowings should be made, therefore. The seeds are sown thickly in drills as early as possible in spring or for late use in September or October. Ostrich Plume is a reliable variety.

Parsley is used chiefly to garnish meat dishes and to flavor soups. The seed is sown either thickly in a drill or broadcast, in the autumn or early spring. A square yard of space will be sufficient for all the parsley that the average family is likely to desire.

Spinach, however, is perhaps the most favorite crop grown for greens, and every home gardener should plant it. Around Norfolk, Virginia, and to the south of it large areas are cut at any time through the winter when the fields are not frozen or covered with snow. North of the latitude of Norfolk spinach can be planted in the autumn and carried over the winter by mulching with straw or leaves. The seed should be sown in drills 1 foot apart, at the rate of 1 ounce to a hundred feet of row, or 10 to 12 pounds per acre. A rich loam is required for success.

There is, perhaps, no other garden crop which gives as much satisfaction as spinach. Ordinarily it occupies the land during the autumn and winter and does not interfere, therefore, with the production of summer vegetables. Three or four ounces of seed planted in the autumn after the summer crop has been harvested will produce an abundance of greens for the average family during the late autumn and early spring. In gathering spinach the entire plant is removed instead of merely cutting off the leaves. By selecting the larger plants first, the smaller or later ones are given room to develop. This method does away with the necessity of thinning.

A TREATMENT
FOR NERVESWoman Tells How Lydia E.
Pinkham's Vegetable Compound Helped Her.

West Danby, N. Y.—"I have had nervous trouble all my life until I took Lydia E. Pinkham's Vegetable Compound for nerves and for female troubles and it straightened me out in good shape. I work nearly all the time, as we live on a farm and I have four girls. I do all my sewing and other work with their help, so it shows that I stand it real well. I took the Compound when my ten year old daughter came and it helped me a lot. I keep it in the house all the time and recommend it."—Mrs. DEWEITT SINCEBAUGH, West Danby, N. Y.



Sleeplessness, nervousness, irritability, backache, headaches, dragging sensations, all point to female derangements which may be overcome by Lydia E. Pinkham's Vegetable Compound. This famous remedy, the medicinal ingredients of which are derived from choice roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female system.